

macaroni & cheese 35

Number of Servings: 35 (149.12 g per serving)

Amount	Measure	Ingredient
4 1/3	qt	Pasta, macaroni, semolina, elbow, dry
5.00	cup	Sour Cream, light
7.00	Tbs	Spice, onion, minced, dehyd
1 3/4	cup	Milk, 1%, w/add vit A & D
3 1/2	qt	Cheese, cheddar, low fat, shredded
3/4	tsp	Salt, table, iodized

Nutrients per serving

Nutrition Facts	
Serving Size (149g)	
Servings Per Container	
Amount Per Serving	
Calories 330	Calories from Fat 70
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 360mg	15%
Total Carbohydrate 45g	15%
Dietary Fiber 2g	8%
Sugars 5g	
Protein 21g	
Vitamin A 6%	Vitamin C 0%
Calcium 30%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Notes

Macaroni will double in volume when cooked.

If needed milk can be almost doubled. Mixture should be creamy when poured into steam table pans.

Potentially Hazardous Food: Food Safety Standard: Hold food for serving at 140 degrees or above.

Cook macaroni in unsalted boiling water until tender. Stir in other ingredients, pour into steam table pan(s) and bake, covered at 350 degrees for 20-25 minutes until 180 degrees and bubbly. Transfer to steam table and serve.

1 serving = 1 cup = 2 #8 scoops

1 cup = 45 grams Carbohydrate = 3 Carb Servings